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ST. MICHAEL'S HOSPITAL  
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# NEWS



St. Michael's Hospital School of Nursing Alumnae  
TORONTO, CANADA



APRIL MAGIC

# THE NEWS

Published quarterly by the Alumnae Association  
of the St. Michael's Hospital School of Nursing,  
Toronto, Ontario

## ALUMNAE NEWS EXECUTIVE

### Editor

Kathleen M. Boyle '36.....KE. 9441  
Nurses' Residence, St. Joseph's Hospital

### Public Health

Connie Bond ..... GR. 8654  
8 Edgewood Avenue

### Undergraduate Activities

Patricia Miller, '49 .....AD. 2181  
Nurses' Residence, St. Michael's Hospital

### Reporters

Augustine Bourdon '26 .....HO. 2006  
60 Edgewood Avenue

Ethel Crocker .....MI. 8831  
311 Tweedsmuir Avenue

### Advertising

Mrs. J. T. McCormack (D. Vandervoort, '36) ..KI. 7354  
581 Spadina Avenue

### Treasurer

Doreen Murphy '36 .....LL. 2482  
92 Westminster Avenue

## EDITORIAL

IT is with satisfaction that we report that the new list of members for 1949 shows a paid up membership of 675 members. These members are scattered across the breadth of Canada and the United States, and can be found as well, in England, Alaska, Puerto Rico, Bahamas, Trinidad, South America and the North West Territories.

To bring you up to date in Alumnae happenings, we would like you to know that at the March meeting, it was decided that notices by mail for meetings, would be discontinued in the future. For one thing, it entailed a great deal of work and met with little success. It was thought that the full page notice carried in the News, plus a notice in the daily papers, the evening before the meeting, would be just as satisfactory. The opinion was expressed too, that all members know that the meetings are held the second Tuesday of June, Sept., Dec., and March. We suggest, that if you are in doubt, about the date, look up your last News issue.

Any day now, you will be receiving tickets for the Annual Tea and Draw in aid of the Scholarship Fund. We ask for your usual fine support of this educational policy of your Alumnae Association.

In order to keep abreast of the tide of nursing, your Alumnae voted that your President, Lois Huck, be sent as your delegate to the Registered Nurses' Association of Ontario, annual meeting to be held in Ottawa, during Easter week.

K.M.B.



## ANNUAL RE-DEDICATION AND MEMORIAL SERVICE

to be held in

ST. MICHAEL'S CATHEDRAL  
SUNDAY, MAY 1st.

Speaker—Rev. Mathew Meehan, C.Ss.R.

ALL NURSES ARE REQUESTED  
TO ATTEND

## INFORMATION WANTED

Mrs. M. Mulcahy, (M. Taylor, '04) wishes to get in touch with Bessie McDonald of the Class of 1904. If any of our members can supply this information will they please send it to Mrs. Mulcahy at Box 157, Pembroke, Ont.



## Alumnae Meeting

The December meeting of St. Michael's Hospital Nurses' Alumnae was held on the 14th of December, Miss L. Huck presiding. The members were entertained with a Christmas play put on by the preliminary students.

Due to the shortage of time Miss Brennan moved that the minutes of the last meeting be accepted as read, seconded by Miss Mulcahey.

The treasurer's report was given by Miss D. Murphy. Total balance \$1341.34.

The correspondence was read by Miss G. Donovan.

The Dance report was given by Miss G. Ferguson: Net Proceeds, \$592.00; Expenditures, \$362.46; Net Profit, \$229.54.

Miss Crocker discussed affiliation with the Local Council of Women. It was moved by Miss Boyle and seconded by Miss Brennan that we stay with the Council on probation for one year.

### New Business

A letter from the President of the T.G.H. Nurses' Alumnae, Miss Neil, appealing for donations to the Jean Gunn Memorial fund, was read. Discussion followed. Miss G. Murphy moved that \$10.00 be sent to the fund and it was seconded by Miss Mulcahey. This vote carried.

Miss Nell Doyle was elected as a third representative for the Alumnae to the Registry.

Miss L. Bart and Mrs Donaghoe were nominated by Miss Murphy as conveners of nominations for the next election of officers. Seconded by Miss Donovan and carried.

Miss G. Murphy brought up for discussion the re-silvering of our tea service. Miss Boyle moved that the silver be given the necessary repairs and also that it be insured. Seconded by Miss Crocker and carried.

Miss G. Murphy nominated Miss Bergin as convener for our February Dance. Seconded by Miss Donovan and carried.

Miss Ferguson suggested that the president of the Alumnae write Columbus Hall and ask them to reserve us a Friday night for our next November dance in 1949.

It was moved by Miss Ferguson and seconded by Miss Brennan that Miss D. Murphy be supplied with a brief case. Carried. Moved by Miss Brennan and seconded by Miss Doyle that the meeting be adjourned.

The door prize was drawn by Miss D. Murphy and won by Miss Catherine Davidson.

Refreshments were served.



### A THANK YOU FROM OUR SCHOLARSHIP WINNER

399 Leslie St.,  
Toronto, Ont.  
January 2, 1949.

St. Michael's Alumnae Association,  
Toronto, Ont.

Dear Miss Murphy:-

I would like to thank the Alumnae Association for their most generous award which I received this year to undertake University study.

I hope I shall prove worthy of the trust you have in me.

Sincerely,

Patricia Dennis '48



## BIRTHS

On Oct. 28, 1948, at Pembroke General Hospital, to Mr. and Mrs. Ken Oshier (Kathleen Egan '40), a son, "David".

At St. Michael's Hospital, Toronto, on Feb. 4, 1949, to Mr. and Mrs. Frank F. McCowatt (Pauline Betson, '36), a son., "Frank Andrew".

At Chicago Lying in Hospital, Chicago, Ill., to Mr. and Mrs. Wm. Francis Mooney (Margaret Hunt), a daughter, on Feb. 16, 1949.

On March 4, 1949, to Dr. and Mrs. J. E. Cowle (Elsie Scharbach), at St. Michael's Hospital, Toronto, a son.

On Dec. 5, 1948, at St. Joseph's Hospital, Sudbury, to Mr. and Mrs. J. Muraska (Frances Hodgins, '46), a daughter.

Mr. and Mrs. John O'Connor (Mary Kane) announce the birth of their son "Neil", at St. Michael's Hospital, Toronto, on March 26, 1949, a brother for Janice.

At the General Hospital, Abbotsford, B.C., to Mr. and Mrs. B. Loeppky (Lillian Hodges, '42), on Jan. 15, 1949, a daughter, "Lynne Ellen," a sister for Margaret.

To Mr. and Mrs. J. K. Boyle (Monica Wall), on March 24, 1949, at St. Michael's Hospital, Toronto, a son, "James Kenneth".

At Emo, Ontario, to Mr. and Mrs. F. W. Cain (Mary Lou Bentein, '43), a son, "Peter", on Sept. 16, 1948.

At St. Michael's Hospital, Toronto, to Dr. and Mrs. Code Smith, the gift of a son.

Dr. and Mrs. T. Irwin (Margaret Connell) announce the arrival of their daughter, "Margaret Elizabeth" on March 16, 1949.

At Detroit, Michigan, on Jan. 3, 1949, to Mr. and Mrs. R. F. Morgan (Moirra Fitzgerald, '46), a son.

To Dr. and Mrs. J. A. Vining (Beatrice Curtis, '32), at St. Michael's Hospital, on Feb. 27, 1949, a daughter.



## MARCH MEETING—LECTURE

At the March meeting, Dr. R. T. Kelly, Chief of Ophthalmology, gave a very interesting lecture on two very, common eye conditions, Glaucoma, known to the laity, as "hardening of the eyeball" and Cataracts.

The first part of the discourse was given over to the Anatomy and Physiology of the eye, so that the pathological processes involved in these conditions, could be understood. This was an excellent review and brushup for everyone. Proceeding, Dr. Kelly pointed out the warning symptoms, what treatment, both medical and surgical, could be given, and the value of early recognition, particularly, in glaucoma.

Since they are both conditions of the middle age group, they were of value to all present, as everyone has contact with this group, either professionally or socially. Judging by the questions asked at the conclusion of the lecture, we would say that the subject was well chosen and of interest to all present. Our thanks to Dr. Kelly, for a very stimulating and instructive lecture.



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# CATHOLIC ACTIONIST

(By kind permission of Canadian Register)

## MRS. JAMES E. DAY

Distinguished as she is for her own record of Catholic Action it is impossible to omit from any introduction of Mrs. James E. Day the fact that she is the wife of James E. Day, K.C., who for more years than most of us can remember has been one of the outstanding Catholic laymen of Ontario. It is not the least of the services of James E. Day to the Catholic cause that he has spared his talented wife for so many public engagements. That this has not been at the expense of their private happiness would be testified not only by enthusiastic nephews and grand-children but by the host of friends, from the highest figures in Church and State to citizens in the humble ranks of life, who have enjoyed the gracious hospitality of their charming home.

Nor have Mrs. Day's strenuous labors for Church and community been detrimental to her health. She drove the family car to Florida for a winter holiday three months ago. And she was in the driver's seat for a recent membership campaign of the St. Elizabeth Visiting Nurses' Association which brought up the membership from 600 to 1,100. Those who know anything of membership campaigns will appreciate the physical and mental exertions involved.

The penner of these sketches has had it brought home to him that when the subject is a lady there is a tendency among certain readers to draw inferences as to age. Mrs. Day herself would have no objection to the publication of the exact date of her birth in Whitby, Ont., the seventh and youngest daughter of the late Mr. and Mrs. W. H. Higgins. Her father was the publisher of the "Whitby Chronicle."

Nursing was her chosen profession and she was first in her class at the Nurses' Training School of St. Michael's Hospital, Toronto, and valedictorian at the class graduation. The age-diviners will have something to work on when they learn that she took post-graduate nursing courses at New York and Boston and she was Superintendent of Nurses at a Syracuse hospital—but she received this appointment before she was 21 years of age. Back in Toronto she was the first president of the Women's Auxiliary of the Catholic Church Extension Society—which is now in its 39th year. Another clue is that Mrs. Day was co-founder with the late Marie MacDonell of Rosary Hall, founded in 1912.

Mrs. Day has reason to rejoice in the number of years because they have been rich in experiences and fruitful in good works. With her husband she has travelled widely and frequently in Europe. Their home contains art treasures which keep alive the memories of those trips. Twelve years ago she was honored by Pope Pius XI with the Cross "Pro Ecclesia et Pontifice." Mrs. Day was founder of the Loyola Guild, the auxiliary of the Jesuit Fathers in Toronto. Old-timers of St. Peter's parish recall the great support that Mr. and Mrs. Day, then a young couple living in the new parish, gave to its founder, Father L. Minehan, P.P.

Fellow-members on committees call Mrs. Day "Instantaneous Amy." When she sees a thing should be done, and she makes up her mind quickly, she always wants it done right away. Whatever she undertakes she does with thoroughness and she is never content to rest on laurels won but wants continued progress. It was while she was President of the St. Elizabeth Visiting Nurses' Association that the nurses qualified themselves for Public Health Nursing. This greatly developed the work of the Association, establishing it on a stronger and wider basis.

Mr. and Mrs. Day have a son, Tom, who follows his father in the practice of law and both his parents in devotion to Catholic Action. The five sons of Tom are almost daily visitors to their grandmother who takes the liveliest interest in their welfare. These children have inspiring ancestral examples for their future lives.



Auxiliary News

Mrs. J. L. Jerome presided at the spring meeting of St. Michael's Hospital Women's Auxiliary at the hospital, when Mrs. Frank McGinnis outlined plans for presentation of the play "Peg O' My Heart," to be given under the auspices of the auxiliary in Bessborough hall, Forest Hill Village auditorium, March 25 and 26, under the direction of the Arthur Sutherland International Players, with Jean Cruchet and Mr. Drew Thompson in the leading roles. Mrs. Dyce Duckworth and Mrs. Percy D Hayes are in charge of the program, Mrs. McGinnis is general convener and Joy Alexander will sing during intermission. Reports were read by Mrs. Frank O'Leary and Mrs. William E. Apted. Mrs. A. Hymus, sewing convener, thanked the auxiliary for the gift of a new sewing machine, and reported completion of 4,313 articles made by her committee since January for hospital use. Mrs. J. C. Culnan was appointed sick convener. Mrs. Harris McPhedran spoke in appreciation of a letter sent her on publication of her book, "Golden North." An urgent appeal for knitters of baby apparel was made by the layette convener, Mrs. Clair F. Day. Several new members were welcomed. Mother Superior expressed her gratitude for work accomplished by the auxiliary in the interests of the hospital, and especially for the gift of a gas-oxygen machine, the purchase of which was authorized at the meeting. In the absence of Mrs. C. F. Wheaton, the tea table was in charge of Mrs. Dyce Duckworth and presided over by Mrs. J. C. Theobald.



WELCOME AND HELLO!

A special welcome and hello to our members in Newfoundland! On March 31st, Newfoundland, became the 10th province of the Dominion of Canada. We trust that our Newfoundland Alumnae Members, who trained at St. Michael's and who grew to know and to enjoy Canada, will be happy in their new status as Canadians.

Undergraduate News

In late November the class dances were held for Senior and Intermediate students. Closed Retreats for the February classes were held at the Cenacle, Lawrence Avenue, January 15-18th and 18th-21st. Rev. Augustine Bennett was Retreat Master. March 2nd-5th and 5th-8th were the dates for the next retreats.

Congratulations and prayerful best wishes are extended to Helen Bradley, '41, and Zita McAuley, who recently entered the Novitiate of the Sisters of St. Joseph, Toronto. Zita was in her Intermediate Year.

The St. Patrick's Day Concert was a huge success. This is always in honour of the graduating class and is presented by the preliminary students. This year they were to be congratulated upon their originality in devising a song that included the name of each graduate.



Mrs. Lillian E. Loeppky (Lillian Hodges) has moved from Verlo, Saskatchewan, and can now be reached at 3900 Transcanada Highway, R.R. No. 1, Abbotsford, B.C.

Helen Simpson Lynett

John F. Lynett

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# PLASTIC SURGERY

**Mrs. Harrel Lee Harrington (J. George)**  
(In collaboration with a member of the Children's  
Hospital Medical Staff)

Reprinted from "The Bambino," organ of Children's Hospital, Oakland, Calif.

"Gee Doc, I don't need no operation on my fingers—see Doc I can even get them in a baseball mitt—just the folks want it so I can play a piano—gees—." The little ten-year-old urchin held up a none-too-clean hand—plainly showing webbed fingers. Two fingers, joined, shared one nail. For ten years the boy had suffered the taunts of his thoughtless pals and schoolmates—"Duck" or "Ugly Duckling" they call him!

Eight years too long the lad had been left to suffer the stigma of "being different." The plastic surgeons at the Children's Hospital of the East Bay are anxious to get these patients early in life; they prefer to see them before they are two; by the second birthday they are usually ready to operate. The fingers are separated and the nail divided and "Duck" becomes just another guy—and not one who is different.

There are four available plastic surgeons at Children's Hospital, and they find plenty where-by to keep their skillful fingers busy.

The large, ugly birthmarks we used to see so frequently are slowly being eradicated by plastic surgery. This, however, is a long, slow process; sometimes treatment extends through months and even years. Moles are also problems for plastic surgeons—frequently these disfigured children are sent to the surgeon by a psychiatrist, who has found personality changes due to disfigurements, or even small skin blemishes.

Moles, birthmarks, and webbed fingers comprise about one third of the plastic surgery done at Children's Hospital of the East Bay. Another third is made up entirely of burns.

"There are always burned children in the hospital," said the plastic surgeon, shaking his head sadly; and unless you have heard the screams of a burned wee one, or smelled the never-to-be-forgotten odor of burned human flesh, or seen the angry, red open mass of flesh after a burn, you don't know why his eyes held the expression they did, as he spoke.

"If we could educate the parents to do nothing to a burn except to cover it with a clean, damp, sheet or pillowcase, we could save hours of time and plenty of suffering," said he.

At the hospital the flesh is cleansed and pressure dressings applied for ten to fourteen days. Following this is a week of tub baths to encourage the dead tissue to drop away. Most burns are ready in twenty-one days for grafts, if they are needed. Skin is taken from a concealed part of the body, usually in pieces up to four by eight inches and carefully transplanted to the burned area. At one time if over 30% of the body were burned, doctors felt the case hopeless, but now, with modern medicine the problem is frequently where to get enough skin for grafts! Transplanting skin from one human to another is not satisfactory, except in cases of identical twins.

The plastic surgeons also do surgery on contractures, cutting away scar tissue and grafting new skin to give freedom of movement.

Cleft palates and hare lips make up the last third of the plastic surgeon's work on children. As it frequently takes three operations to repair the mouth and lip of a child so afflicted, he is hospitalized for some time. After the surgery has been completed, a period of re-education in speech is needed. Frequently this is a great problem as private speech lessons are expensive and many parents feel they cannot afford them, or they are careless about the training. It is a heart-break to these skillful, energetic men, who can see their work has improved the child's appearance and closed the palate, when nothing is done for his speech, which can so easily be aided and perfected by adequate training. Such follow up care would save the tax payer money, and the patient a life of misery.

It would be difficult to imagine a more satisfying life than that of our surgeons, who re-build the bodies of little children who were born maimed or have become so in their short sojourn here.



## REPORT ON THE INSTITUTE IN NURSING AND NURSING EDUCATION CONDUCTED BY THE ONTARIO CONFERENCE OF THE CATHOLIC HOSPITAL ASSOCIATION

It was my privilege and pleasure to attend the Institute in Nursing and Nursing Education conducted by the Ontario Conference of the Catholic Hospital Association at the University of Ottawa, March 21-25, 1949.

The institute opened with Solemn High Mass celebrated by Rev. Fr. J. C. Laframboise, O.M.I., in the Mother House Chapel of the Grey Nuns' Convent. The magnificent chapel and the exquisite singing of the novices' choir will long remain a pleasant memory.

Registration followed and we were given the opportunity of becoming acquainted. Then followed the Invocation by Rev. Fr. Hector L. Bertrand, S. J., President Catholic Hospital Council of Canada, and the Address of Welcome by Rev. Fr. J. C. Laframboise, O.M.I., President, University of Ottawa. Then came greetings from the Ontario Conference of the Catholic Hospital Association expressed by Sister Mary Kathleen; from the Catholic Hospital Council of Canada by Rev. Father Bertrand, S. J.; from the Catholic Hospital Association of the United States and Canada by Mr. R. M. Kneifl, Executive Secretary; from the Ottawa General Hospital by Sister Marie Alban; from the Arrangement Committee by Sister Francoise de Chantel, Director of Undergraduate Nurses, University of Ottawa.

We now settled down to the serious business of the Institute and thoroughly enjoyed the lectures, round table discussions and field trips which followed. Space will not permit me to describe these as fully as I would like. However, I must mention some poignant remarks. Rev. Fr. Bertrand in his paper, "Religious Influences in Nursing Service," outlined the duties of a good servant. He then stated that Christ is the Master and the nurse the servant. We must see Christ in the patient. Father frequently stressed the necessity of treating our ward patients with the utmost courtesy and kindness.

Miss Margaret M. Foley, R.N., M. S., Director of Nursing Education for the Catholic Schools of Nursing of United States and Canada, gave several excellent papers and offered most helpful advice during the round table discussions. I am sorry you could not meet Miss Foley. She is a delightful person. So friendly, and keenly interested in everything. Her knowledge of Nursing and Nursing Education is phenomenal. One has only to listen to Miss Foley for a few moments to realize that she really has the interest of the students at heart. She stressed repeatedly the fact that the students' education was of primary importance. That the entire hospital staff must be made to realize this. Our student nurses are students and must be treated as such. Her paper, "Are We Guiding or Driving Our Students," is particularly worthy of comment. Miss Foley enlarged upon the need of a guidance programme. The aims of such a programme are as follows:

The complete development of the individual, each student recognized as an individual.

Everyone must be aware of the aims of guidance.

Guidance must permeate the entire curriculum.

Everyone in contact with the student must have a part in the guidance of the student.

In describing guidance Miss Foley stated "Show them the path they are to follow."

Sister M. Vianney, superintendent of Nurses, St. Joseph's Hospital, Toronto, gave a very enlightening paper on "Why Should We Take an Active Part in our Provincial and Local Organizations?" She stated that in the R.N.A.O. there are 6,258 members or only one-third of the registered nurses of Ontario. Sister deplored these facts. She urged nurses to join their associations, take an active part as they were wanted and needed for formation of policies for the future.

Sister Ancilla, pharmacist, from St. Joseph's Hospital, Hamilton, gave a splendid paper on "Hospital Pharmacy Problems". She divided it into two sections:

(a) How Pharmacy Could Save Time for the Nursing Staff.

(b) How the Nursing Staff Could Save Time for Pharmacy.

She gave some excellent suggestions in a very witty almost breezy manner which was quite delightful.



There were many more splendid papers but it is impossible to enumerate upon them in this limited space.

We had four interesting field trips: The Ottawa General Hospital, the Ottawa Civic Hospital, St. Vincent's Hospital for the Chronically Ill, the Sanatorium, Hull, Quebec.

We also visited the Parliament Buildings and the Mint where we saw the medals being made for the veterans of World War II.

I must tell you of the kindness and hospitality of the Grey Nuns at the Ottawa General Hospital where I stayed. Everyone was wonderful.

I would now like to express my most sincere thanks to St. Michael's Alumnae Association who made it possible for me to attend the Institute. I gathered a great deal of excellent knowledge and information for which I am extremely grateful.

Margaret Ray.

Editor's Note:—Miss Simpson Ray was elected by the Alumnae Association at the March meeting to attend the Institute on Nursing and Nursing Education.



Sister M. Kathleen, Sister Loretto, Sister M. Vianney and Sister Carmichael attended the Institute on Nursing, held at the Ottawa General Hospital, Ottawa, from March 20th to 25th. While in Ottawa, they were entertained by Dr. and Mrs. P. Doyle (M. MacDonnell, '36), and saw Margaret McGarrell, '38.

HERE

and

THERE



One hundred and twenty doctors from Toronto and various parts of the Dominion enrolled in the refresher course sponsored by St. Michael's Hospital Medical Staff Division of the University of Toronto. Sessions were held on January 27, 28 and 29th, closing with the luncheon on the afternoon of the 29th.

Twenty students attending the University of Toronto School of Nursing from foreign countries visited the Hospital on the afternoon of January 23rd. Following a reception and tea in the Assembly Hall, they attended Benediction of the Blessed Sacrament. Countries represented were: Sweden, Colombia, Switzerland, Lima, China, Formosa, Korea, Jugo Slavia, Venezuela, England, United States, Australia and Japan.

Sister Vincentia advises us that Olive Bush, a former Post Graduate student on Obstetrics, has a Nursing Home, called QUINTE REST HOME, and will accept patients from any distance. The address:—Quinte Rest House, R.R. No. 2, Trenton, Ont.

Mary MacIntosh, '46, is now attending St. Francis Xavier University at Antigonish, N.S., where she is working on her B.S.C.

We have many mother and daughter members in our Alumnae Association, the latest Mary Pickett McAuliffe, '13, and Catherine McAuliffe, '48, are indeed welcome.

THIS IS YOUR OFFICIAL NOTE OF

# **JUNE ALUMNAE MEETING**

to be held in

**NURSES' RESIDENCE**

THE SECOND TUESDAY IN JUNE

**JUNE 14th**



Agenda: — Business meeting

Msgr. Ronan's Choir

Special welcome to the 1949 Graduating Class.



PLEASE NOTE — You will not receive a postal notification of this  
meeting. THIS IS YOUR REMINDER





## WEDDINGS

**MASTROMATTEO—SYLVIAN**—On Feb. 5, 1949 in St. Anthony's Church, Toronto, Frances Sylvian, '47, to Dr. Ernest Mastromatteo. Msgr. J. J. McGrand officiated at the wedding. The happy couple will reside in Winnipeg, Man., where they will be employed by the Manitoba Dept. of Health.

**REID—BAIN**—In Toronto, Mrs. Irene Sanderson Bain to George Reid.

**CAMERON—DELANEY**—At Chapleau, Ont., on Feb. 26, 1949, Angela Delaney, '40, to John Berry Cameron.



### A WEDDING OF INTEREST

Many of you will remember Mary Boyle, who has been with the Hospital for many years. Mary was always on hand for Alumnae affairs and relieved us of the chore of clearing up, seeing that there was enough water boiling and all the little jobs. Mary was married recently, and is now Mrs. John Kenny. The Alumnae Association on your behalf remembered her on her wedding day with a small remembrance.



**ARE YOU THINKING OF CHANGING YOUR ADDRESS? LET US KNOW TOO!**



### THE SWEETHEART BALL

The Annual Spring Dance sponsored by the Alumnae Association in aid of the Scholarship Fund was held on Feb. 14, 1949, at Columbus Hall, with Stanley St. John's Orchestra in attendance.

Patrons and Patronesses included Rev. Sister M. Kathleen, Dr. and Mrs. K. Welsh, Dr. and Mrs. E. Brooks, Dr. and Mrs. F. O'Leary, Dr. and Mrs. C. G. Bryan, Dr. J. Sullivan, Dr. and Mrs. A. Hagerman, Dr. R. G. C. Kelly, Dr. and Mrs. R. Flett, Mr. and Mrs. J. L. Jerome and Miss Lois Huck.

The Hall was appropriately decorated in Valentine motif. Stanley St. John acted as Master of Ceremonies. The entire staff of the hospital, including the doctors, internes, physiotherapists, graduate and student nurses, laboratory technicians and dietitians, were well represented, and the Alumnae members met many of their old friends.

The Committee in charge were responsible for the success of the evening. To the Convener, Dorothy Bergin, her assistant, Lucille Riley and the other members, Margaret Jackman, Gwen Ferguson, Betty Gillis and Lois Huck, we owe a debt of thanks. The sum of \$300.00 was realized to swell the scholarship fund.



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## THE CONTRIBUTION OF VISITING NURSING IN A COMPREHENSIVE NURSING PROGRAM

(Given at Jan. 19, 1949, Staff Meeting)

### INTRODUCTION

"Since the time of St. Paul when Phoebe went about nursing the sick in their homes, Visiting Nursing has contributed to community well-being. It is now recognized by Public Health Authorities as an essential part of a community health service. It is designed to assist families to meet the emergencies due to illness in the home. As a part of the Public Health movement it includes those services which prevent and relieve illness, prolong life and maintain health at its highest efficiency. The service is given to the individual, the family and the community. The methods include teaching as well as nursing procedures and the field for service includes every place where human life is found."

It is impossible to circumscribe any area within the Public Health field and mark it for Visiting Nursing, because the whole area is covered, at least in some communities, by Visiting Nurses. Policies laid down by local Health Departments, following established practice, or after conference, mark the field of activity for each branch of Health Service. For instance, in the city of Toronto, as in many other communities, communicable disease is exclusively the responsibility of the Department of Public Health.

### Maternity Services

Teaching service to expectant mothers is one of the best services offered by Visiting Nurses. The immediate objective, in this program, is to have mothers under supervision of a doctor, as early in pregnancy as possible. The more remote objective is to teach the hygiene of pregnancy and to help plan for the birth of the baby, whether the birth is to occur at home, or in hospital.

Planning may include everything from making and sterilizing supplies, deciding on an adequate layette, and rearranging of household tasks, to deciding from whence shall come these and other necessary supplies and who shall care for the home and the small children during the lying-in period.

Other and deeper family needs may come to light during the close relationship which develops between mother and nurse, during this period. These may require the guidance of a clergyman or a social worker and the Visiting Nurse must use her influence to have these problems brought to the attention of those who can deal with them.

Although there has been a sharp decrease in home confinements, Visiting Nurses stand by to give this service to the few women who still plan to be confined at home, as well as to those others who do not plan at all, occasionally because of ignorance of existing services, but most frequently because of low mentality. Service is available also to maternity patients returning from hospital who still need, or wish to have some nursing care. It is also available to those who seek further teaching on infant care, including demonstration baths.

The infants of these mothers, as well as many other infants are started on their way to health by the Visiting Nurse spreading the gospel of breast-feeding, of immunization, and of many other old and new aids of health.

In guiding the mother in the care of the new born, the nurse sees the baby as an integral part of the household. She realizes the influence on the household and the changes in family routine necessitated by the presence of the young stranger. Who can say to what degree wise counselling by the nurse may contribute to the happy adjustment of other children in the household, as well as to the new member?

There generally is no specific plan in Visiting Nurse Services for a health program for infants, other than new-born, or for the preschool or school child. In Toronto, as in most places these services are conceded to the nurses of the Department of Public Health. It is unthinkable, however, that in giving teaching, or nursing service to mothers that the nurses' knowledge and influence would not be called upon in the interest of these groups. Not infrequently a clinic nurse, or a school nurse enlists the help of a Visiting nurse in gaining a health objective.

### Morbidity Service

Because illness is an experience common to all groups there is more understanding of this aspect of our service than of any other and this is reflected in many more calls for service in this field, from doctors, from social workers and from neighbours. If there is not a doctor in attendance on the first visit, the nurse urges and assists in securing medical diagnosis. She gives necessary nursing care and teaches the family to carry out general and specific treatments in her absence.



Spacing of visits is suited to the needs of the patient: for instance a pneumonia patient may have two or more visits daily at the onset of illness and only two or three weekly before he is finally discharged from care.

Whatever the physical condition requiring nursing care, whether it be for an acute respiratory condition, or for a surgical dressing on a patient just returned from hospital, the nurse has for her guidance scientific principles underlying nursing which she has learned in her hospital school. On the first visit she organizes her equipment, improving wherever possible and borrowing when expedient. She gives general directions for the care and ventilation of the sick room, discusses with the family the ability to meet the cost of illness and, if necessary, acquaints them with community resources.

### The Chronically Ill

The Chronically ill are constant and perplexing problems to Visiting Nurses who see the insidious growth of permanently disabling illnesses and are concerned with the nursing care of those so afflicted. In many instances they are called to the home to give care to someone discharged from the hospital, with the death knell ringing in her ears. In other cases they must arrange for transfer from home to a hospital for incurables. The psychological factors involved for the family, as well as for the patient are perhaps the greatest challenge the nurse ever meets. What of the diabetic patient, or the patient with pernicious anaemia who returns home from hospital with necessary medications, a syringe, a diet sheet and the prospect of intramuscular injections as long as she lives? The Visiting Nurse picks up, as she does so often, where the hospital leaves off, and it is not always easy to help the patient achieve confidence to carry on.

### In Cancer Control

Knowledge of symptoms and quickness in observing manifestations she may see, or hear about, are necessary. Many patients find their way into hospital through the Visiting Nurse, and return from thence, to her care. In her maternity program the nurse frequently finds the old multipara with lacerations calling for attention, or manipulation of the breasts often discloses the dreaded small lump. To get such patients under care and to encourage and support them and members of their household is a task the nurse must be ready to take up.

### Mental Hygiene

The nurse is constantly helping patients to get rid of fears and phobias, deciding the point at which a physician or psychiatrist should be consulted and teaching parents to respect the personality of each member of the family and of each other. There are frequent spiritual adjustments demanding her thoughtful and prayerful consideration; indeed she must be all things to the family she serves.

### Student Nurses

It has become an established custom for Visiting Nurses to assist Hospital Schools to integrate Public Health Nursing in the general nursing courses. This is done by arranging for undergraduate and graduate students to have observation periods in the field of Visiting Nursing, with, or without practice work.

### Summary

I hope hospital head nurses and other graduates concerned with the discharge of patients will remember that besides giving bedside care, Visiting Nurses observe and assist in the adjustment of health situations in the home of patients, teach them general hygiene and the prevention of disease, promote healthful ways of living and put families in touch with Community resources. With this knowledge they may have Visiting Nurses more in their minds and through their referral, we may be given opportunities to serve more discharged hospital patients in our chosen field of service.

Much can be said in favour of the efficiency service of the Public Health Nurses in the Out Patients' Department, in sending out reports on patients whom they see, but they do not see them all. Besides, the method suffers somewhat by comparison with an old one in vogue many years ago. When Sr. De Sales used to phone Miss Kelman of the St. Elizabeth staff and say, "I wish you would go in to see Mrs. O'Rourke. She does not want to have you, but I told her if that dressing is not done regularly and well, for a few weeks, she will be back on our hands again. Can you make your visits free? Her husband's work is seasonal and his wages small, and they have six children." Now, as then, the nurse can make her visits free, or reduce the charge to suit the patient's circumstances.



I should like to end this talk with an appeal to hospital head nurses and to graduate nurses in general to refer more patients for the service of Visiting Nurses and to accompany that referral with information relevant to the patient's condition, and you can be assured of a reciprocal service from the St. Elizabeth Visiting Nurses.

**Helen Heffernan,**  
Superintendent,  
St. Elizabeth  
Visiting Nurses Association.



### THE CONTRIBUTION OF THE WARD SUPERVISOR IN A COMPREHENSIVE NURSING PROGRAMME

(Synopsis of paper given by Sister Vincentia at Staff Meeting, Feb. 16)

**T**HE public at the present time are very health minded. The average citizen is demanding good medical care and health protection. In response to this demand last year the Federal Government allotted \$30,000,000 for the National Health grants. These grants were for Hospital Construction, Mental Health Care, Tuberculosis Control, Cancer Control, Venereal Disease Control and Public Health Services. Note, the largest single grant, \$13,000,000 was for Hospital Construction, which goes to show that the government, representing the people, realize the hospital to be one of the most important institutions contributing to Health and health protection. We, as nurses, know that the hospital is a Social Institution where people, sick in mind and body come for treatment, which they hope will restore them to normal health.

The hospital in the community not only functions as a great curative agent in disease but as a promoter of health in all its aspects and as a factor in preventing disease, and to these functions the ward supervisor makes a worth while contribution.

The hospital is an organized institution with many departments each functioning as an integral part of a co-ordinated system. With these departments and their functions the ward Supervisor must be familiar.

The atmosphere of the hospital must be conducive to the spiritual, mental and well-being of the patient. It is made up of tangible elements such as personnel, furnishings, equipment, and intangible elements such as attitudes, interest and kindness manifested in conduct and intelligent handling of the patient, which becomes the direct responsibility of the supervisor of the ward.

The ward supervisor must have a knowledge and appreciation of the community agencies, their policies and functions, directly and indirectly concerned with health, in order that she may integrate her services with that of other agencies in the community to the advantage of the patient.

The citizens of Toronto are fortunate in living in a city which is known throughout the world for its health services. Over 200 health nurses are employed in the Public Health Department of this city. Our Social Service Department is the division of the Public Health Department with which the ward supervisor works directly and with which she does such excellent team work. The nurses of this service are in the hospital in the interest of the patient, acting as a co-ordinator between hospital, home and community agent.

The relationship of the ward supervisor to the patient, his family and friends is threefold—nurse, teacher and advisor, which begins with admission and ends upon discharge. To the patient her responsibility is that of total nursing care in meeting all his needs—spiritual, physical, mental, and prophylactic. She accomplishes this through her co-operation with the physician, her guidance of nurses and evaluation of their nursing duties, and assistance from co-workers—clergy, social workers dieticians and health service nurses. She fulfills her role to family and friends by courteous attention, kindly help in their problems and health teaching where indicated.

To her nurses, the ward supervisor is friend, leader and teacher. Nurses look to her for help, guidance and education in their care of the patient.

Is not the ward supervisor a contributor to a Comprehensive Nursing Programme which has as its purpose and aim the restoration to health of the patient and the preservation of health in the community?





Best  
wishes for  
a speedy  
recovery to:—



## PUBLIC HEALTH

Sylvia Smith, '48, who has been hospitalized recently.

Julia O'Connor, '08, our good friend, who we hope will be out of hospital soon.

Marie Foy, '11, who has been on the sick list.

Helen MacDonald, '24, who has been in hospital here.

Dr. Frawley, who has been a patient in hospital.

Stella Goodrow, '48, who was a patient in hospital recently.

Sister Florian, who has been ill in hospital.

Dr. W. P. O'Brien, who has been confined to hospital and whom we are glad to report is now better. Mrs. O'Brien was Helen Graves of the class of 1905.

Maureen Shannon, '48, who was a patient in hospital recently.

Sister Walberga, who has been a patient recently.

Sister St. Nilus, who is recuperating at St. Joseph's on the Lake.

Sister Mary Frances, who has been confined to bed recently.

As we go to Press we have been informed that Elizabeth O'Leary of the class of 1894 is a patient at St. Michael's with a fractured hip. Miss O'Leary is a member of the first graduating class. Our best wishes for her speedy recovery.

Helen Hyland, who is Industrial Nurse at Ault and Wiborg Co., attended the Convention of the American Association of Industrial Nurses at Detroit, Michigan, which was held during the week of April 4th.

Mary Shaver, '45, is Health Instructor at St. Michael's School of Nursing.

Public health nurses throughout the central districts were the recipients of many grateful thanks for the lovely baskets sent at Christmas by the student nurses and Hospital—they have asked us to pass the grateful thanks of these people along to you.

The annual Retreat for Public Health and Industrial Nurses was held at Marian Hall, the week end of Jan. 15-16. Rev. Father L. Barns, S. J., was Retreat Master.

Barbara Grant, '32, is on leave of absence from the Toronto Dept. of Health and is studying Advanced Public Health at the University of Toronto, School of Nursing.

The St. Elizabeth Visiting Nurses and the Catholic Welfare Bureau joined forces this year and had a very enjoyable Christmas Party. Alice McCabe, '35, of the Catholic Welfare Staff, made a very jovial and generous Santa Claus. Rosemary Conlin was Master of Ceremonies for the concert which was the highlight of the party. Miss Marie Quigley made her debut on the concert stage, rendering her version of "Annie Get Your Gun". Rev. Father Fullerton, Director of Catholic Charities, and Rev. Father Sweeney, Director of the Catholic Welfare Bureau, were guests of honor.

## Out-of-Town Letters

Apartment 11, 4525 Ridgevale Ave.,  
Montreal, Que.

Dear Miss Murphy:-

Enclosed please find my Alumnae fee—excuse the late date, I have been away lately making flights to the United Kingdom.

With best regards,

Yours,

Billie Stewart.

R.R. No. 1, Box 416,  
Auburn, California.

Dear Pat:-

You'll know doubt be surprised in hearing from me. Marion Valiquette Harrison sends me the occasional copy of the News and I do enjoy it but would like to have it coming regularly. Will you look after this for me?

I enjoy the News of the girls, hearing of their doings and children. I have two kiddies, David who is five and goes to kindergarten and Barbie is three and a half. We are building our own home in the country.

Auburn, is in the foot hills of the Sierras and quite close to Lake Tahoe, really beautiful country. We had quite a rugged winter for California, even the geraniums froze, and that's something.

Sincerely,

Mary Krane Newell, '36.

26 Forest Ave.,  
Sault Ste. Marie, Ont.,

Dear Miss-Murphy:-

Have just received my copy of the "News" which I enjoy so much, also a reminder that my fees are due. I'm enclosing them as I would hate to miss a copy of the "News".

May I tender my congratulations on the wonderful progress the "News" has made since its first publication. I haven't missed an issue and enjoy each a little more than the previous one. Only wish I could attend the odd meeting as I always enjoyed meeting the girls. Hope the tea is a big success and will be with you in spirit.

My best wishes to all my fellow members of the Alumnae for a successful year in '49.

Sincerely,

Anne Morin Bayles.

163 Main St., Apt. 2.,  
Pieton, Ont.

Dear Miss Murphy:-

Enclosed are my fees for the years '49, '50 and '51. There is a possibility that I will be living in England for 1950 and 1951 hence my fees in advance.

Lillian Mitchell Brown.

34-50 80th St.,  
Jackson Heights, N.Y.

Dear Miss Murphy:-

Enclosed find my annual fee. I always look forward to reading the Alumnae News and the progress made by the nurses and St. Michael's Hospital.

I am sure there must be a number of St. Michael's graduates in New York City or the suburbs. It would seem to me an excellent idea to form a New York Alumnae. If any of the nurses would be interested please get in touch with me at the above address or telephone Havemeyer 4-7811.

With all good wishes for a happy 1949.

Sincerely,

Kay MacIsaac Collins.

6523 14th Ave.,  
Rosemount, Montreal, Jan. 31, 1949.

Dear Doreen:-

Just a note to say "hello". I certainly miss attending the meetings—and seeing the girls and the chatting plus the cup of tea.

We are gradually getting the feel of Montreal, but wouldn't mind moving back to Toronto tomorrow. Maureen and Sandra are making new friends at school and are beginning to enjoy the change. Alana is a small size atom bomb, or else I'm slowing up.

My best to everyone in the Alumnae and if you get to our city, please phone me; we have a phone at last, Grovel 3296.

With best wishes,

Marie O'Connor Forrester.

St Joseph's Hospital, London, Ont.  
Jan. 12, 1949.

Dear Madam President:-

Please convey my thanks to our Alumnae for the lovely Christmas box, I received at Christmas. I appreciate the kind thought of the members.

I am just making an attempt to put my broken limb to the floor today. My arthritic knees do not co-operate very well, but I feel that in a few days I'll do better and eventually get to my feet.

I had a pleasant Christmas here and I was taken to Chapel in a wheel chair. I feel that I will be here for some time.

Yours sincerely,

Elizabeth Regan.



***We Extend Our Sympathy to - -***

Rosella Lee Harding, on the death of her father.

Mary Boles, on the death of her grandmother.

Mrs. A. Scully, on the death of her sister.

May Chalue, '02, on the recent death of her sister.

Alice Bell Bernard, '31, whose father died recently.

Aileen O'Connor Enright, '20, in the recent death of her mother.

Helen O'Meara, '23, in the loss of her mother.

Madge Moore Schoenfeld, '31, in the loss of her brother.

Eileen Foote, '48, whose father died recently.

Helen Hyland, '25, in the loss of her mother

Helen McGeough, '23, in the loss of her brother.

Marie O'Brien, '17, in the loss of her brother James. (Marie has lost two brothers in a very short time).

Helen O'Sullivan, in the death of her sister.

**† IN MEMORIAM †****Leah Marcoux Wells**

The death occurred at the Brantford General Hospital, on Feb. 2, 1949, of Mrs. John L. Wells (Leah Marcoux). Mrs. Wells was a graduate of the class of 1919 of St. Michael's Hospital School of Nursing. Requiem mass was celebrated at St. Mary's Church, by Rev. P. J. Maloney. Brother John F. Wells, O.M.I., son of the deceased, assisted Father Maloney, acting as master of ceremonies. Interment was in St. Joseph's Cemetery.

The Alumnae Association offers sincere sympathy to her husband, and two sons, Brother John F., Oblate Novitiate, Arnprior, Ont. and William of Brantford. R.I.P.

**Grace Moyer Troup**

Following an illness of six months, the death occurred on Feb. 18, 1949, at St. Catharines General Hospital, of Mrs. Grace Troup, of Jordan, Station, Ont. Mrs. Troup was Grace Moyer, a graduate of the class of 1921 of St. Michael's Hospital School of Nursing. Following graduation she worked in New York City and Mexico.

To her sorrowing husband and three daughters, Nancy, Barbara and Marie, the Alumnae Association extends sincere sympathy.

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## FEATURING OUR NORTHERN ONTARIO MEMBERS

### Haileybury

Mrs. Emily Cooper Cunningham—Box 293.

### Marathon

Blanche Austin—Memorial Hospital.

### Englehart

Mrs. Doreen Prophet Berry.  
Dorothy MacGillivray.

### Kenora

Mrs. Anita Bradshaw—431 3rd Ave. S.

### Parry Sound

Mrs. F. Powell (P. Devlin)—Box 219.

### North Bay

Mrs. N. McDonald (I. Godin) 861 McIntyre St.  
W.,  
Helen Sullivan—671 Copeland St.

### Sudbury

Mrs. Rita Moore (R. St. Amand)—110 Adie St.  
Apt. 2.  
Mrs. R. McMullen (R. Moore)—728 Whittaker  
St.

### Copper Cliff

Mrs. Frances Hodgins Muraska—Box 39  
Kathleen Pecore—Copper Cliff Hospital.  
Nellie Shamess—Copper Cliff Hospital.

### Emo

Mrs. F. B. Cain (M. Bentein).

### Cobalt

P. Bazinet—a Box 742.

### Chapleau

Mrs. W. Stedman.

### Iroquois Falls

Mrs. T. H. Stone (E. Gignac).

### Sault Ste. Marie

Rita Greco—151 James St.  
Mrs. E. Bayles (A. Morin) 26 Forest Ave.  
Margaret Dagleish—47 Coulson Ave.

### Port Arthur

Mrs. T. Montemurro—36 Rupert St.

### Timmins

Marjorie M. Bacon—2 Hemlock St.  
Mrs. P. Richer (M. Hurtubise)—14 Coady Ave.

### Powassan

A. K. Spetz—Alcase Rd.



## ENGAGEMENTS

Edna Hambly, '44, to Fred Dawes. Wedding plans indefinite.

Rose McIver to Wm. Hayden. Wedding plans indefinite.

Mary Stanton, '38, to Russell Thomas. Wedding planned for the early Fall.

Margaret Loftus, '43, to Ronald Michael Lee, of Perth, Ont. The wedding to take place quietly, in St. Catharines, Ont., on Saturday, May 7, 1949.



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## VISITORS

Kate Clarkson Gibbons of Gilford, Ont., was a recent visitor to St Michael's.

Dorothy MacGillvray, of the Red Cross Outpost Hospital at Englehart, Ont., was in Toronto recently for the Regional Conference of Directors of Outpost Hospitals.

Patricia Bazinet, '46, has returned from Woodland, California, and is now in Cobalt, Ont.

We were delighted to hear that Mrs. Ronald McMorland (Martina Flanagan), of New York City, was able to see many old friends while visiting her family here.

Sally Stillman Wilkins, '36, was a visitor to Toronto recently.

Eleanor and Winnifred Cowan have left for their annual trip to West Palm Beach, Fla.

Madeline Gibbons, of Acton, Ont., spent a few days visiting friends here recently.

Ella O'Boyle spent a few days in Oshawa recently.

Hilda Kerr spent a day with Mrs Herbert Maloney (Helen Brosman) in Kirkland Lake, recently.

Virginia Long spent the Christmas season in New York City.

## IS THIS THE ADDRESS YOU ARE LOOKING FOR?

Mrs. P. Fowlie (Ruby Price), Athenaum Court, London, W.i, England.

Mrs. C. J. Meyers (Margaret Gibbons), 316 Kenilworth Ave., Toronto.

Mrs. Ken MacDonald (Helen Thomas), 840 King St., Apt. 4; Preston, Ont.

Mrs. Rita MacDonald (Rita Lynch), 316 Woodfield Rd., Toronto.

Mrs. Maude Stapley (Maude Tisdale, '39), 36 Annadale Rd., Toronto 13, Ont.

Mrs Brad Waggoner (Eleanor Meyers, '47), 370 Huron St., Toronto.

Lt. E. Burns, Headquarters 8th Army, A.P.O. 343, San Francisco, California.



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### STAFF APPOINTMENTS

Jean Robinson, '45, is now on the staff of the Shaughnessy Hospital, Vancouver, B.C.

Mary Rowland and Loretta Archambault are now located at Sunnybrook Military Hospital, Toronto.

Florence Hinds, '37, is now on the staff of the General Hospital, St. Catharines, Ont.

Ann DesRoches, '47, has returned from Pen-tang, and is now on the staff at St. Michael's.

Patricia Upshall is now on the staff of the Montreal General Hospital.

Margaret Robertson, '30, is in charge of the Outdoor Department at Sunnybrook Military Hospital.



### TRAVELLERS

Mrs Audrey Crowley Daley has left on a 10 day visit to England. While there she expects to get in touch with Ruby Price Fowlie for a visit and chat.

Kathleen Corbett, '45, has left on a visit to California.

Mrs. Vincent Van Vylman (Adele Matus, '45), who was visiting in Toronto during the holiday season, tells us that she will be making her future home in Iroquois Falls, Ont.

We were glad to hear that Peg MacDonald had a grand trip to Cuba recently.

Sally McDonald enjoyed a visit with her sister in New Haven, Conn., recently.